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INDEX

Sr. No.	Title	Page No.
1	**Comparison of the Upper Lip Bite Test with Inter Incisor Distance for prediction of difficult endotracheal intubation: A Prospective Single Blind Study** Dr. Veena Kachhwah, Dr. Neeraj Narang	1-3
2	**Case report of neuroschisis of the cervical spinal cord with Klippel-Feil syndrome.** Dr.Nilesh Gupta, Dr Manish Meshram, Dr. Vishal Jain	4-5
3	**Valvular heart disease in pregnancy: A case report** Dr. Romi Bansal, Dr. Priyanka, Dr.Harbhajan Shergill, Dr. Aastha	6-6
4	**AYURVEDIC (HERBAL) TREATMENT FOR UTERINE PROLAPSE AND POP CASES TO AVOID HYSTERECTOMY** Dr.TM.Shivanandaiah, TM.Indudhar	7-8
5	**Pulmonary Hydatid Cyst presenting as Cystocutaneous Fistula- A Case Report** Dr. Sourabh Damani	9-10
6	**The Role of Intra-articular Injection Sodium Hyaluronate in Rehabilitation of Osteoarthritis Knee** Vivek S. Chawathe, Anil K. Gaur, Amit S. Mhambre, Vivek J. Pusnake, Ameya D. Joshi, Shaily M. Shah	11-13
7	**INFECTIOUS DISEASE MARKERS IN BLOOD DONORS-A STUDY FROM A TERTIARY CARE TEACHING HOSPITAL** Dr.Praveen Kumar, Dr Brajendra Kumar	14-15
8	**Bilateral Erb's Palsy: A rare case report** Diptirekha Satapathy, Bikash Chandra Satapathy	16-16
9	**A Comparative Clinical Study of Dexmedetomidine and Fentanyl in Attenuating Stress Response during Laryngoscopy and Endotracheal Intubation** Dr. Sagar Rakesh Tyagi, Dr.Shikha Goyal	17-18
10	**PERIOCULAR BASAL CELL CARCINOMA---REVIEW OF LITERATURE AND 3 CASE REPORTS** Dr.Bhupender Singh, Dr.Angshupriya Bhattacharjee	19-20
11	**DEVELOPMENT AND EVALUATION OF DIMETHYL SULPHATE AS A GENOTOXIC IMPURITY IN SALBUTAMOL SULPHATE DRUG SUBSTANCE BY USING HPLC** Vinayak T. Vele, Mayur Nibde, Vishal Telvekar, Sushil Singh, Shivaji Kadam, Rupesh Kelaskar, Mohan A Chandavarkar	21-23
12	**Evaluation of TG/HDL Cholesterol ratio and non HDL/HDL ratio as a marker of Cardiovascular risk in Diabetics Mellitus** Sunita D. Singh, Nita Garg	24-25
13	**Dorso-Lumber Intramedullary dermoid cyst without spinal dysraphism : A rare entity** Dr. Varun Aggarwal, Dr. Harman Sobti, Dr. Ashish Chhabra, Dr. Amit Narang	26-27
14	**A Comparative Study of Topical Versus Peribulbar Anesthesia in Manual Small Incision Cataract Surgery** Dr.Antariksh Mohta, Dr.Pradeep Dindore, Dr.Mahesh Dalvi, Dr.Milind Sabnis	28-29
15	**A CLINICAL STUDY OF CARDIOVASCULAR MANIFESTATIONS OF NEWLY DETECTED HYPOTHYROIDISM PATIENTS** Dr. M. Jayasree, Dr. C. Komal, Dr. Raghavendhar. A	30-31
16	**CLINICAL, LABORATORY, RADIOLOGICAL PROFILE OF TUBERCULOUS MENINGITIS AND PREDICTION OF PROGNOSTIC FACTORS IN SIX MONTHS OUTCOME** Dr. C. Komal, Dr. M. Jayasree	32-34
17	**Cu-T 380A as a intrauterine device - its acceptability, safety and efficacy depending on the timings of insertions** Dr Annappa Shetty	35-37
18	**A PROSPECTIVE STUDY OF AUTOGENOUS PLATELET-RICH PLASMA (PRP) IN THE TREATMENT OF SECOND DEGREE DEEP BURNS** DR.NILOTTPAL DEY, DR. MANIRANJAN DEBBARMA, DR. KISHAN RAO B	38-40
19	**A COMPARATIVE STUDY OF EFFICACY OF TOPICAL PHENYTOIN VERSUS CONVENTIONAL WOUND CARE IN DIABETIC ULCERS** Dr. A. Anusha, Dr. M.V.Reddy, Dr. P. Vijayendra	41-43
20	**Functional Outcome of Displaced Femoral Neck fractures in elderly managed with Bipolar Hemiarthroplasty: A prospective Study** Dr. Tahir M. Afzal, Dr. Zubair A. Lone, Dr. Naresh Rana	44-46
21	**A STUDY ON THE SPIROMETRIC VARIABLES AND THEIR RELATION TO THE EXTENT OF DISEASE IN PATIENTS WITH BRONCHIECTASIS IN A TERTIARY CARE CENTRE IN CENTRAL KERALA** DEEPTHI LALU MATHEW, KUMMANNOOR PARAMESWARAN PILAI VENUGOPAL	47-48

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Gynecology

AYURVEDIC (HERBAL) TREATMENT FOR UTERINE PROLAPSE AND POP CASES TO AVOID HYSTERECTOMY

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ABSTRACT Now a days due to improper care post delivery, job stress and psychological stress among ladies causes uterine prolapse. It more among women give birth to multiple delivery and delayed marriages, difficult prolonged deliveries are more for that present days surgeons suggest hysterectomy is common for such cases Mimosa pudica was found useful in cases of uterine prolapse with bleeding, consistent with my experience of working with the condition for more than 45 years, and treating hundreds of such cases of uterine prolapse. Hysterectomy has been avoided up to this date, and is not now expected to be recommended.

KEYWORDS : Ayurveda, uterine prolapse, laiialu, Mimosa pudica linn.

Action of drug:

Lajjalu Fig.1: Reference from literature, acts on soft musculature and surrounding ligamnents due to its nyctinasti movements (open and close)

Lajjalu / Namskari in Ayurvedic Literature

1. 'लज्जालुः शीतला तिक्ता कषाया कफपित्तजित् ।
रक्तपित्तमतिसारं योनिरोगान् विनाशयेत्॥' (भावप्रकश्)

2. नमस्करि हिमातिक्त कषाय कफ पित्तहा ।
योनिरोगम् अतिसार रक्त पित्तेचा नाशयेत् ॥(कैयदेव निघन्टु)

3. 'रक्तपादी शमीपत्रा स्पृष्टा खदिरपत्रिका ।
स्पर्शात् संकोचतां याति पुनश्च प्रसृता भवेत्॥'
(कै. नि.)

4. 'रक्तपादी कटुः शीता पित्तातिसारनाशिनी ।
शोफदाहश्रमश्वासव्रणकुष्ठकफास्रनुत् ॥' (रा. नि.)

W. I. VI, 382.
B. B. O., ii, 336

Sloka 1,3 & 4 mentioned on Page 750 Dravyaguna Vijnana *by Priyavrit Sharma, CB Academy*

5. योनिभ्रम्श योनि मार्ग से कमल (गर्भाशय) बाहर
आजानेपर, लज्जालु के पत्रोंन्का रस या मूल
घिसकर कमलपर लेप लगावे और हाथोपर लेपकर
उपर छडावे, लन्गोट् भन्धवाकर आराम करनेसे
कमल रहजाता है, नये रोगोंमे लाभ हि होता है ॥
(वनौशधि शतकं हिंन्दि पेज नं. १७७ दुर्गाप्रसाद शर्मा)

Figure 1: References from literature

I selected Lajjalu as main herb to treat these cases. I established set of treatment and treated approximately 200 cases during 2010 to 2018 from India and abroad.

Post operattive	Uterine prolapse	Bleeding	Fibroid	Bulky Uterus	Rectal Prolapse	Rectocele- Cystocele	Piles	India	Abroad
2	70	3	3	4	3	14	6	70	30
2012 to 2018=143									
2010 to 2012=56									

INTRODUCTION:

I am an integrated medical and general practitioner treating uterine prolapse cases since 1967-2010 treated more than 260 cases during this period.

In response to my articles published in previous World Ayurveda Congress and in national, international journal. I was getting cases from India and abroad. Scholars, professors, Physicians and Gynecologists started interacting with their patients problems with us by sending scanning reports complaining with POP, Uterine prolapse etc., received report before and after Ayurvedic treatments is more promising.

It is possible to treat third and fourth degree patients successfully associated with aged patients can be treated with this herb if used in different forms like Decoction, powder as oral dosage, as paint to apply on uterus. Treated many a cases Hysterectomy was advised but rejected for operation due to age factor. Many women do not agree to undergo for operation due to fear factor.

CASE1:

A Lady aged about 75years reported 4th degree from Hubballi, Karnataka and was a case of Procedentia with a wound on uterus, was need to dress every day. Herbal treatment advised with less hope to treat due to age factor delayed heal up process. She underwent herbal treatment up to six months and on completing treatment, it healed up wound completely, uterus attained its elasticity back and itself set automatically back to its original position.

CASE2:

Woman aged about 45years of age and of Indian origin a home maker residing in middle east, was diagnosed with third degree Uterine Prolapse associated with thick endometrium and heavy bleeding. Recently she underwent DNC and Gynecologists advised Hormone treatment, hysterectomy but patient was not interested to undergo surgical operation, taken away hormone treatment and kept on herbal remedy for more than 6 months. Now bleeding stopped completely except on her normal periods. Third degree Uterine Prolapse was completely treated.

CASE3:

A Teacher from Maharashtra, Married and divorced lady aged about 28years of age. Her father was in police force taking her daughter for morning workouts running, jogging since her young age. This factor was reason in later stages was responsible for breakup her marriage and complained of uterine prolapse. Her husband divorced because of unsatisfactory sexual life. Later she approached us for herbal treatment it went up to more than 1 year

CASE3:

Working woman from Hyderabad aged about 44 years history of third degree uterine prolapse associated with heavy bleeding, I put her on Lajjalu treatment, after six months of treatment, Uterus set itself back to its position. Final scanning post treatment shows that her enlarged liver was also reduced.

OVERALL CONCLUSION

Mimosa pudica was found to be very useful in these case of uterine prolapse with bleeding, consistent with my experience of working with the condition for more than 5decades, and treating hundreds of such cases of third, fourth degree uterine prolapse. Hystetectomy was avoided up to this date.

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